

Your Personalized Weight Loss Journey Report

1. Personal Profile

- Name: Mamba Mental
- Start Date: 09/09/2024
- End Date: 12/30/2024
- Age: 46 years
- Gender: Male
- Height: 5'9" (175.3 cm)
- Initial Weight: 245.6 lbs
- Goal Weight: 217.0 lbs
- Initial Body Fat: 30.5%
- Goal Body Fat: 7.0%
- Activity Level: Little to no exercise
- Experience Level: 4

2. Metabolic Calculations

- Initial Resting Metabolic Rate (RMR): 3326 calories/day
- Initial Total Daily Energy Expenditure (TDEE): 4215 calories/day
- Thermic Effect of Food (TEF): 74 calories/day
- Non-Exercise Activity Thermogenesis (NEAT): 150 calories/day
- Initial Daily Calorie Intake: 1929 calories/day

3. Workout Analysis

- Workout Type: 1
- Workout Frequency: 3 days/week
- Volume Score: 0.43
- Intensity Score: 0.80
- Frequency Score: 1.00
- Resistance Training: Yes
- Athlete Status: Yes

4. Weekly Progress

Date		Weight		Body Fat %		Daily Calories		TDEE		Muscle Gain	
090924		245.6	30.5%	1929	4215						
0.00	091624	241.7	29.4%	2146	4215	0.28	092324	237.9	28.2%	2025	4101
0.28	093024	234.0	27.0%	1903	3987	0.28	100724	230.1	25.7%	1781	3873
0.28	101424	226.2	24.4%	1657	3759	0.28	102124	222.2	23.0%	1533	3645
0.28	102824	218.3	21.6%	1408	3531	0.28	110424	214.3	20.1%	1281	3417
0.28	111124	210.2	18.5%	1151	3302	0.28	111824	206.2	16.9%	1080	3241
0.28	112524	202.2	15.2%	1061	3183	0.28	120224	198.4	13.5%	1042	3126
0.28	120924	194.5	11.9%	1023	3070	0.28	121624	190.8	10.2%	1005	3015
0.28	122324	187.2	8.5%	1000	2962	0.28	123024	184.3	7.2%	1359	2910
										0.28	

5. Body Composition Changes

Date	Body Fat Category	Body Fat %	Description	Est. Time to Six-Pack
09/09/2024	Obese	30.5%	Significant excess fat all around	12+ months
09/16/2024	Obese	29.4%	Significant excess fat all around	12+ months
09/23/2024	High Body Fat	28.2%	Excess fat all around, round physique	6-12 months
09/30/2024	High Body Fat	27.0%	Excess fat all around, round physique	6-12 months
10/07/2024	High Body Fat	25.7%	Excess fat all around, round physique	6-12 months
10/14/2024	High Body Fat	24.4%	Excess fat all around, round physique	6-12 months
10/21/2024	Above Average	23.0%	No visible abs, excess fat	4-6 months
10/28/2024	Above Average	21.6%	No visible abs, excess fat	4-6 months
11/04/2024	Above Average	20.1%	No visible abs, excess fat	4-6 months
11/11/2024	Average	18.5%	Little muscle definition, soft look	3-4 months
11/18/2024	Average	16.9%	Little muscle definition, soft look	3-4 months
11/25/2024	Average	15.2%	Little muscle definition, soft look	3-4 months
12/02/2024	Lean	13.5%	Some muscle definition, less visible abs	2-3 months
12/09/2024	Lean	11.9%	Some muscle definition, less visible abs	2-3 months
12/16/2024	Lean	10.2%	Some muscle definition, less visible abs	2-3 months
12/23/2024	Very Lean	8.5%	Visible abs, vascularity, striations	3-4 weeks
12/30/2024	Very Lean	7.2%	Visible abs, vascularity, striations	3-4 weeks

6. Final Results

- Duration: 16 weeks
- Total Weight Loss: 61.3 lbs
- Total Body Fat Reduction: 23.3%
- Final Weight: 184.3 lbs
- Final Body Fat: 7.2%
- Average Weekly Weight Loss: 3.83 lbs
- Total Muscle Gain: 4.5 lbs
- Final Daily Calorie Intake: 1359 calories
- Final TDEE: 2910 calories

7. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.281 lbs per week.
- Based on your final body fat percentage, you're now in the Very Lean category. Visible abs, vascularity, striations
- To maintain your results, consider a daily calorie intake of 2910 calories.

Remember, this journey is a marathon, not a sprint. Celebrate your progress and stay committed to your health and fitness goals!